



InShape

West Valley City Fitness and Recreation Center News

Halloween Adult Dodgeball Tournament

Recreational dodgeball league for adults 18 and older (Age 16-17 can play with signed youth activity form). Teams can be male, female or coed.

Double elimination tournament with each game the best of nine rounds.

Tuesday, Oct. 26-Wednesday, Oct. 27
(must be available both nights) Games start at 6 p.m.

Team rosters will be 6 to 12 players with a \$50 fee per team.
Registration deadline is Oct. 22, 2010.

Team registration only 16 team slots available.
Halloween costumes optional, but preferred.

Busy Bee

This twice-a-week program is designed for 3- to 5-year olds (must be potty trained), and features a variety of activities including arts and crafts, music, letter & number recognition, and more!

Members - \$45/month
Non-Members - \$50/month

Registration deadline is the first of every month and is done on a month-to-month basis. Class size is limited so sign up early!

Sessions offered (choose either):
Mondays and Wednesdays 9 to 11 a.m.
Tuesdays and Thursdays 9 to 11 a.m.

For more information, call
(801) 955-4000.

Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for 10 kids and two adults. Additional guests, pizzas, drinks, and cakes available at an additional cost.

Reservations must be made one week prior to event.

For more information call 801-955-4000.

West Valley Dance Force

The West Valley City Fitness Center offers a variety of dance formats that include: Ballet, Jazz, Combo, Tumbling, Hip-hop and more!

Sessions begin in September. Beginning, intermediate and advanced classes are offered.

Members - \$28 per month
Non-members - \$30 per month
Additional class - \$15 per month
Unlimited classes - \$60 per month

A one-time yearly registration fee of \$10 is required.

For more information about registration or dance classes call the dance hotline at
(801) 955-4030 or visit
www.wvdanceforce.blogspot.com.



Halloween Safety Fair

Saturday, October 23 • 11:30 – 12:30 p.m.

Free for kids ages 12 and under with parent or adult
Come meet Patch, McGruff and other special guests at our Halloween Safety Parade and Costume Contest (Categories include Scariest, Cutest and Most Creative).

Learn safety Trick or Treating safety tips, get a FREE Trick or Treat bag, and go Trick or Treating in the Fitness Center.

Tae Kwon Do (For ages 8 and older)

A fitness program for the whole family with four Black Belt instructors and other forms of martial arts taught.

Tuesdays and Thursdays; Sessions are ongoing

New/Beginner: 7 - 7:45 p.m.

Intermediate/Advanced: 7:45 - 8:30 p.m.

Members, \$30; non-members, \$40 (monthly)



Halloween Activities for the Entire Family

Nightmare Alley
Thursday, Oct. 28
Friday, Oct. 29

7 – 10 p.m.

Can you handle hearing strange sounds everywhere? Do you like graveyards? Zombies? Vampires? Spiders? Creepy things that go bump in the night?

Nightmare Alley Fees:
(Includes use of facility)
MEMBERS: \$3 per person
NON-MEMBERS: \$3.50 per person
Buy 5 Tickets get the 6th one FREE
(Not Recommended for children under age 8)

Purchase tickets at the front desk. .

**CALL 801-955-4000
FOR MORE INFORMATION**



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

